

## **Falls Prevention Program – Kaa Kaepsais (Can't Fall Over)**

Kaa Kaepsais is a free eight week falls prevention program for seniors. It will include balance and strength training and information on many topics that will help prevent falls and promote independence.

The program will commence on 6 October. It will be held in the Physiotherapy department at the Hospital.

If you are interested in joining the program please call 24134 to book an appointment with your GP or Physio.

## **Information for patients supported by NIPTASS who are flying to Brisbane (as at 23.9.2020 – please note that this is subject to change)**

When you arrive at Brisbane International Airport (BNE), you will find it largely closed down. Taxis and rental car companies are not waiting there as all other International passengers (not Norfolk Island passengers) are being bussed straight to quarantine. Also you won't be able to get an Australian SIM card for your phone at the airport.

Transport from BNE Airport options:

- Private pick-ups should go to Departures, Level 4
- Rental cars – phone your car hire company directly (not an agent) in advance (from Norfolk) to arrange to be met at your flight
- If going to hotel accommodation, enquire in advance with them about whether they provide transfers from the Airport
- Trains are running as usual
- Taxis. Air NZ advises that the public phone on Level 2 Arrivals is now in a restricted area. However, there is a phone at Level 4 departures, near the centre entry opposite Row 6.

Another option is to take the Airport Train from the International to the Domestic airport and get a taxi from there.

We have been advised that at Sydney International Airport there are taxis available at the taxi ranks. Hire car companies have scaled back operations and Sydney Airport advises people who are hiring cars to contact their individual company to make arrangements to be met.

## **General Practice Clinic Update**

Due to the current restrictions due to the risk of COVID-19 the main entry to NIHRACS is currently locked however the General Practice clinic is still open for business for all your health care needs and our emergency department is still operating. To decrease the risk of COVID-19 our processes have changed and Medicare is providing funding for telephone consultations where our Doctors can provide their services without you having to present to NIHRACS. If the assessing Doctor decides you need further medical intervention they will inform you on what to do next. To book appointments please phone our reception on 24134. Please continue to help us to reduce the risks of coronavirus on our small community by taking advantage of our telehealth services.

### **Hours of Operation**

Monday- Friday            8.30am – 5pm

Saturday & Sunday        Closed

Please note the clinic is closed for lunch from 12.30 – 1.30pm.

Please call 24134 for appointments only during opening hours.

If you require medical assistance outside business hours please phone the hospital on 22091. In cases of emergency please dial 000.

## **GP Staffing Update**

The following locum GP's will be joining our team:

Dr Thomaz Silva 12<sup>th</sup> September – 16<sup>th</sup> October

Dr Clive Bishop 19<sup>th</sup> September – 6<sup>th</sup> November

## **How long should you book your appointment for?**

Most appointments with your GP only require 15 minutes. If you have multiple issues or you think they are complex and will require extensive discussion, please let our receptionist know that you would like a **long appointment**. This will ensure you have the time needed with your GP and will assist us in managing the GPs time and patient flow.

## **Updating Your Details**

When you next visit the GP Clinic you will be asked to update your details. This is to maintain accurate information on your medical record and therefore assist with your consultation. Please arrive for your appointment 5 minutes prior to your appointment to allow time to complete. We thank you for your assistance in this important task.

## **Test Results and Referrals**

Test results can be obtained in a booked consultation. Referrals to specialists must be made during a consultation.

## **Walk-ins**

The GP Clinic operates on an appointment basis. Walk-ins are accepted, however there may be an unavoidable wait as priority is given to patients who have a booked appointment with their Doctor. All patients should present to reception with their current Medicare Card. At times you may experience a waiting period due to doctors tending to urgent or complex medical issues. We apologise for any inconvenience.

## **Skin Check Clinic**

As part of a complete early detection strategy, we recommend that you see your GP once a year, or more often if you are at a higher risk of skin cancer, for a full-body, professional skin exam. To make a booking for the skin check clinic call the GP Clinic on 24134.

## **Women's Wellness Clinic**

The Women's Wellness program continues. Interested women of all ages are encouraged to book an appointment (lasting forty minutes) with Dr Jenny Sexton on Tuesday and Thursday. Please mention 'Women's Wellness' when making the appointment – phone 24134.

## **Child Health Clinic**

Child Health Clinic will now be run from the GP Clinic every Thursday, 8:30am to 4pm by Janine. This clinic is for 0 – 5 year olds and includes: Developmental Assessment, Baby Growth Checks, Emotional and Social Development, Breastfeeding Support, Settling/Sleep Support and Introducing solids.

## **Smoking Cessation Clinic**

It's hard to stop, but with help and support, you **can** quit smoking.

Quitting smoking can be one of the most difficult, yet rewarding, things a person can do. Most smokers say they would like to quit, and may have tried at least once. Some are successful the first time, but others try a number of times before they finally give up for good.

It might take time, it can be hard as your body has become dependent on nicotine, but many people have succeeded in giving up smoking. Become one of them by making a quit plan

The clinic will provide a proven approach to assisting people who wish to either quit smoking or cut down. Every cigarette not smoked is doing good for smokers' health. The clinic uses a multidisciplinary approach to match individual needs.

To make a booking for the smoking cessation clinic call the GP Clinic on 24134.

## **Asthma Management**

*Asthma* cannot be cured, but with good management people with *asthma* can lead normal, active lives.

For good asthma management:

- See your GP for regular check-ups and work together to manage your asthma
- Understand what triggers your asthma – this can be different for everyone
- Try to avoid or reduce your exposure to these triggers
- Use your medications as instructed by your GP, even when you feel well
- Make sure you are using your inhaler (puffer) correctly, including using a spacer where required
- Follow your written asthma action plan

Ask your GP for a personal written asthma action plan. As well as being a reminder of your usual treatment, an action plan helps you to recognise worsening asthma and tells you what to do in response. If your child has asthma, give copies of the action plan to the school and to anyone else who regularly looks after your child.

**All patient information is treated as confidential.**

## **Protocol for Visitors entering NIHRACS**

- All visitors must be screened at the NIHRACS's entrance as per the current screening protocol
- Please remember the staff who do the entrance screening are following the procedures for the safety of our patients, visitors and staff and rudeness is not acceptable
- All visitors coming into the Aged Care Facility must have received the current 2020 Flu Vaccine
- All visitors to the hospital must sign in at the Nurses Station and list a contact phone number
- Hand hygiene before and after visiting must be carried out
- Only 1 visitor at a time (2 visitors if providing end of life support)
- Visits by family, friends or carer to be held in the resident or patient's room
- For our Residents in the Aged Care Facility, please stay in touch remotely with your loved ones, if unable to visit. Phone calls utilising technology (eg Messenger) letters or cards will certainly brighten their day.

Thank you for your understanding during these difficult /uncertain times.

Phyllis Evans. Nurse Unit Manager

## **Health and Wellbeing Weekly Update**

A reminder of the key COVID-19 prevention messages:

- Physical distancing
- Stop any Spread – hygiene
- Look after yourself and others
- Know the symptoms

## **Meat Free Week**

Bowel Cancer Australia promoted this week as Meat Free Week challenging Australians to try a plant-based menu for seven days. If you missed it but are interested in the recipes try:

<https://www.meatfreeweek.org/recipes>

## **COVID-19 “Lockdown” Fatigue**

The Australian Psychological Society has some useful information on “lockdown fatigue” that has been shown to affect people in regions where the number of COVID-19 cases is zero or low. Resources include one outlining what lockdown fatigue is, some of its causes, signs and symptoms, ideas to help

you to manage it, and where to seek help if needed. Have a look at their website for more information:  
<https://www.psychology.org.au/for-the-public/Psychology-topics/COVID-19-Australians>

### **Did you know that diabetes is the leading cause of kidney disease?**

According to a report by the Australian Institute of Health and Welfare, about 1 out of 4 adults with diabetes have Diabetic Nephropathy, or diabetes kidney disease.

The main job of the kidneys is to filter and remove wastes and extra water out of the blood, by making urine. The kidneys also help control blood pressure. When the filtering parts in the kidneys are damaged, they can't filter blood like they should, which can cause wastes to build up in the body.

Kidney damage caused by diabetes usually occurs slowly, over many years. Although one can take steps to protect the kidneys and to prevent or delay kidney damage, kidney disease is often called a 'silent disease', as up to 90% of kidney function can be lost before symptoms appear. As a result, many people are unaware that they have the condition.

Hyperglycaemia (high blood glucose levels), as well as hypertension (high blood pressure) – a common complication of diabetes, can damage the blood vessels in the filtering parts of kidneys and cause nephropathy. Other risk factors include: smoking, high salt (sodium) intake, inactivity, being overweight or obese, heart disease, having a history of renal stones and family history of kidney failure. As many of these risk factors are modifiable chronic kidney disease is largely preventable. Kidney disease is not reversible, but it is treatable if caught early.

For more information speak to your GP or check out this link:

<https://www.diabetesqualified.com.au/diabetic-nephropathy/?mode=news>

Modified from an article by Carolien Koreneff, CDE, Diabetes NSW & ACT.